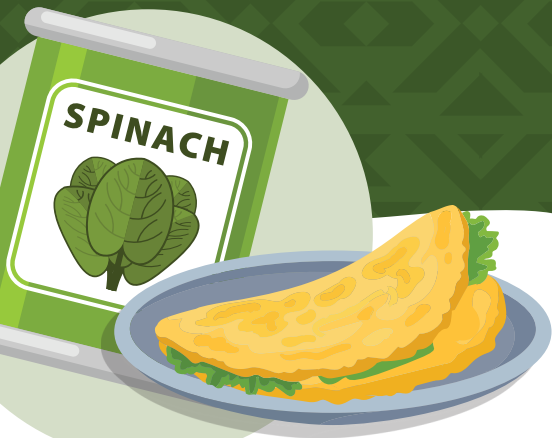




Food and Nutrition Service

U.S. DEPARTMENT OF AGRICULTURE



Yes,
You Can!

Did you know you can use canned vegetables at breakfast too? Try mixing canned pumpkin into oatmeal or adding canned spinach to an omelet with cheese.